

# Urbana Senior Center

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## September Program Highlights

### Open House

Come learn about our programs, activities, and services. Enjoy cookies and lemonade.

**Date:** Tuesday, September 6

**Time:** 6:00-7:30 p.m.

**Cost:** Free

### Foot and Ankle Care

Dr. Nga (Nikki) Ho, with Frederick Foot and Ankle Specialists, PC will discuss preventative steps that can be taken to protect the foot and ankles. Learn the most basic of foot and ankle care such as cutting toenails or what creams are safe to use, to the more serious aspects of foot and ankle care such as those with diabetes or arthritis.

**Date:** Tuesday, September 13

**Time:** 6:30 p.m.

**Cost:** Free

### Omelet Bar/Ask Nurse Steve

Omelets created to order! Choose from a variety of ingredients to make lunch your way. This month Steve Stoyke, the Department of Aging nurse will talk about "There's No Place Like Home"

**Date:** Wednesday, September 21

Sign-up by Monday, September 19

**Time:** Noon

**Cost:** \$4.80 (Regular lunch fee)

### Picnic at Monocacy Park

Join us and the other senior centers for a picnic at Monocacy Park! Boxed lunch from Mountain Gate, bingo and a cake walk!

**Date:** Tuesday, September 20

Register by September 13

**Time:** 10:00 a.m.-2:00 p.m.

**Cost:** \$10.00

### Fall Prevention

As we get older our sense of balance starts to diminish. Come learn more about fall prevention from the staff at Sage Orthopedic Physical Therapy.

**Date:** Wednesday, September 14

**Time:** 1:00 p.m.

**Cost:** Free

### Armchair Travelers

Visit other parts of the United States or even other parts of the world...without leaving the senior center. The last Monday of each month enjoy adventures from your armchair.

**Date:** Monday, September 21

**Destination:** Grand Canyon/Las Vegas

**Time:** 1:00 p.m.

**Cost:** Free

### Stitching Post

Come to knit, crochet, or just talk. This is an informal group whose members help each other with projects, patterns, and learning new skills.

**Date/Time:** Mondays 10:00 a.m.

**Date/Time:** Tuesdays 1:00 p.m.

**Date/Time:** 2<sup>nd</sup> Tuesday 6:00 p.m.

**Cost:** Free

### Book Club

Each month we'll read a new book and then meet to discuss it. Come to this organizational meeting, bring ideas of books to read.

**Date:** 4<sup>th</sup> Wednesday of each month, starting Sept. 28

**Time:** 1:00 p.m.

**Cost:** Free